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SANATORIUM
WALDHEIM....
TRAINING SCHOOL

....FOR....

✿ ✿ ✿ ✿ NURSES ✿ ✿ ✿ ✿

DR. J. H. VOJE,

PROPRIETOR,

OCONOMOWOC, WIS.

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SANATORIUM WALDHEIM

Training School for Nurses.



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THE Waldheim Training School is established with a view to educate nurses in accord with the training of the American Training School and that of the Order of the Red Cross and in addition to qualify and recommend the best students for comparisons to the more educated, refined chronic invalid and as traveling companions, physicians private assistants, and clerks or office nurses.

The course of instructions extends over two years and comprises practical work in the institute or without, theoretical work in class and lecture room, lessons in cooking, housekeeping, massage and physical culture; being divided into the junior and senior years as follows:

JUNIOR YEAR. CLASS WORK—Elementary Anatomy and Physiology. Materia Medica and Practical Nursing, embracing the whole care of ordinary medical, surgical and gynecological cases; Physical Culture, Baths, and at least two months work in the Dispensary.

LECTURES—On Hygiene, Anatomy and Physiology; Surgical, Medical and Gynecological Nursing; Eye, Ear and Throat.

SENIOR YEAR. CLASS WORK—Obstetrical Nursing, Care of the New Born, Care of Sick Children, After-Care of Operation Patients, Operating Room Work and Surgical Technique, Special Nursing and Private Duty.

LECTURES—Bacteriology, Obstetrics, Children's Diseases, Urine, Care of Nervous and Insane, Advanced Medical, Surgical and Gynecological Nursing.

COOKING LESSON—Practical and Theoretical Work.

MASSAGE—Practical and Theoretical.

TEXT BOOKS IN USE—"Nursing: Its Theory and

Prectice," Isabel A. Hampton; "Anatomy and Physiology for Nurses," Diana C. Kimber; "Handbook of Invalid Cookery," Mary A. Boland; "Materia Medica for Nurses," L. L. Dock; "Massage and the Swedish Movements," Ostrom.

Classes and lectures begin in the first week in October and last until the end of May, with the usual intermission of Christmas and Easter. The practical work is continuous throughout the two years' time. Junior examinations are held in September; Senior examinations in May.

Applications for admission must be made to the Superintendent of the Training School Waldheim, Oconomowoc, Wis. The applicant is required to fill out the answer to the paper of questions, and to send with it a letter from a physician and one from a clergyman testifying to her physical and moral qualities. If suitable, she is then received one month on probation.

The most acceptable age is from 23 to 35 years. Those with a High School certificate preferred.

Applications may be received at any time of the year when there are vacancies, but the majority are taken between March 1st and October 1st, as thus the course of study may be taken without interruption.

During the probation month an examination is given in reading, penmanship, simple arithmetic and English dictation. The Superintendent has full power to decide as to the fitness of the applicant for the work, and to retain or dismiss her at the end of the probation month. In doubtful cases the time of probation may be extended to three months.

Upon being accepted as a pupil-nurse, the candidate is required to sign an agreement, promising to remain for

two years, and conform strictly to the discipline of the Institute, with the distinct understanding that the Proprietor reserves the right to dismiss her at any time for misconduct or inefficiency. If, for any reason of her own, illness excepted, the pupil breaks this agreement and leaves the school, she is required to refund to it the money expended for her maintenance.

During the probation month, board, lodging and laundry, without ironing, are provided by the Institute. The probationer provides her own dress, and may not wear the school uniform. After having been accepted as a pupil, uniform and text books are furnished at cost, to be deducted from the sum given at graduation. Upon the honorable and successful completion of her course, the graduate receives ~~one hundred dollars~~ a diploma signed by the Proprietor, Superintendent and Instructors.

The hours of work are nine hours day duty and twelve hours night duty. The pupils have a right to one-half of Sunday, and are often given a half day in the week. They are not placed on night duty for more than one month at a time, nor until three months after entrance.

Vacations are given during the summer months, and in the Christmas and Easter holidays one month being the limit, that may be given in the two years' time. Time lost through illness or absence on vacation must be made up. In illness pupils will be cared for gratuitously.

The school is non-sectarian.



RULES FOR THE HOME.

RULE 1. The hour for rising is 6 a. m. Before leaving the room each nurse must make her bed, dust and arrange her room, leaving it in good order to be inspected by visitors at any time during the day. The hour for retiring at the home is 10 p. m. All inmates are expected to be within doors at that hour, unless they have special permission to be absent. The lights will be out in the parlor and halls, and nurses must retire to their rooms. The electric light must be turned out when the nurse leaves the room. Night nurses must be in their rooms at 10 a. m., and will not be permitted to go out during the day without permission from the Superintendent.

RULE 2. The hours for meals are: Breakfast at 7:30, dinner, 12:30; supper, 6:30. Nurses must not linger in the dining room after meals. No food is provided for the nurses out of the appointed time, except when ordered by the Matron, at the request of the Superintendent. Nurses are not to go into the kitchen, nor give orders to the cook. All such matters are to be referred to the Matron. No visitors are to be invited to meals, or to spend the night in the Home. The reception room is for the reception of visitors, but a nurse may invite ladies to her room if agreeable to her room mate.

RULE 3. Conditions upon which a nurse may have the privileges of the laundry: Twenty-one pieces, well marked, and one dress are allowed each person per week. No laces or muslins will be received, and but one white skirt in two weeks. Nurses do their own ironing.

RULE 4. The nurses are under the authority of the Superintendent. When taken off duty on account of

sickness, they must not leave the Institute, nor return to their duties without the direction of the Superintendent. Nurses are not permitted to receive calls in the wards of the Institute from their friends or other nurses.

RULE 5. A physician will be selected by the Superintendent to attend the nurses in sickness. They will not be allowed to consult any other medical man without permission from the Superintendent, nor to obtain medicine from the Dispensary without the order of the Superintendent.

RULE 6. No one will take any letters from the mail box excepting those addressed to her.





